

FARMERS MARKET NUTRITION

*A HANDS-ON COURSE ABOUT HOW TO SHOP FOR AND PREPARE
NUTRITIOUS MEALS USING FRESH LOCAL PRODUCE*

August 15–September 12
6:30 pm till 8:30 pm
Telluride



August 15 (Monday)
Basic Nutrition

August 22 (Monday)
Shopping at Farmers Markets

August 29 (Monday)
Fresh Produce for Health
(and dietary restrictions)

September 6 (Tuesday)
Cooking with Kids
Bring a child with you!

September 12 (Monday)
Preserving Fresh Produce



After each class attended, each participant will receive a \$15 voucher to purchase fresh produce from a local Farmers Market (made possible through a USDA Grant)

Class Size is Limited to 12
Cost is \$35 for all 5 Classes or \$10 per class
(Scholarships are available)

Register by the Friday before class:
Contact the San Miguel Basin Extension
Office 970-327-4393
maryw@sanmiguelcountyco.gov

